THE CROWNED EAGLE

CNAUK SAILORS HONOR WWI FALLEN

STORY BY: PH2 CLIFFORD L. H. DAVIS PHOTOS BY: MR. STEVE DECHANT

Sailors from Commander, U.S. Naval Activities (CNAUK) take part in the 80th Memorial Day ceremonies at Brookwood Memorial Cemetery.

The cemetery, originally known as the London Necropolis, established in 1852 to house London's deceased since the capital was finding it difficult to locate the increasing population, both living and dead. By 1854, it was the largest cemetery in the world (at that time) and over 240,000 people have been buried there.



It is situated close to Woking, Surrey, and was accessible only by rail from a special cemetery station – The London Necropolis railway station, situated next to Waterloo train & tube station. The cemetery station was demolished after suffering heavy bomb damage during WWII.

A military cemetery was added in 1917 and contains some of the dead from the First World War's various countries that fought in "The Great War," as well as in WWII. A military memorial was built in 1958 to remember all the fallen in both wars; friendly or foe. Memorial Day ceremonies at Brookwood started in 1926.

This year, CNAUK Sailors were joined in the memorial with a color guard from 7th U.S. Army Reserve Command, located in Schwetzingen, Germany, Pershing Doughboys from Weedon, Northampton, and various musicians to play Post, Taps, and Reveille.

Commander, 7th U.S. Army Reserve Command, Brigadier General Richard M Tabor, served as the guest speaker, quoting the famous poem "In Flanders Field" by Lieutenant Colonel John McCrae, and reinforced the ties between the military, communities, and cultures of the British and Americans.

Several floral tributes were laid in between the columns of a classic white stone building that serves as the chapel overlooking the northwest side of the cemetery where 468 U.S. military members from WWI are buried. Within the chapel are the names of the 563 other WWI members that are still classified as "Missing in Action."

Memorial Day is a chance for people to remember those who have died in service. Many CNAUK Sailors chose to participate in the ceremonies as a way of honoring those veterans.

"I think that it's important for all currently serving military personnel to remember those that have gone before us." said Master-At-Arms 2nd Class Scott Gibbs. "It's great to see so many people turn out for such an occasion in a foreign country, both military and civilian alike."

Other Sailors participated because they wanted to show respect for pervious military that fought for justice & freedom and for those currently serving and what they are doing now.

Additional information about the Brookwood Memorial Cemetery can be found www.abmc.gov



CDR Chuck Cordon, XO NAVACTUK, salutes after laying a wreath at Brookwood American Cemetery. Official U. S. Navy Photo by Mr. Steve Dechant

Volume 9, 10, 6

CHAPEL CLOSURE MARKS END OF UNIQUE ANGLO-AMERICAN RELATIONSHIP

(LONDON, ENGLAND) — The closure of the Chapel of Faith at the US Navy base at West Ruislip, England, on June 5 brings to an end one of the US military's most successful Anglo-American community partnership programs.

The Chapel was closed down as part of the wider drawdown of what is known as Naval Activities UK London. The command includes RAF West Ruislip, which has variously served the US Navy and Air Force since it was built in 1962. But the chapel has also played an important role in bringing together the US military and the local civilian populations through the power of prayer. Around 90 parishioners attending the final Catholic service were British civilians – these days outnumbering the American's by about 10-1.

The base, which is located at the west end of the London's Central Line underground network, started life as a support station for the USAF's 3rd Air Force Headquarters when it was located near London through to the 1970s. It remained in Air Force hands until the early 1990s when the USAF handed it to the US Navy as support location for military personnel working at the US Navy Headquarters in London, the US Embassy or as part of numerous military exchange programs that still continue.

Church services for the Protestant Faith community ended in September 2005.

The final Catholic service, was celebrated by Bishop George Stack, Auxiliary Bishop of the Archdiocese of Westminster in London. Attending the service was Capt. Steven D. Matts, Commander of Naval Activities (CNAUK), and Cmdr. Chuck Cordon, Executive Officer for CNAUK. The service also included an emotional event with five youngsters receiving the Sacrament of Confirmation.

CDR Michael Zuffoletto, CHC, USN, the Force/Command Chaplain and Parish Priest, has led the Catholic community for the past two and a half

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OLUNTEER American Red Cross @ 01895-616031 Family Service Center @ 01895-616500 Navy-Marine Corps Relief Society @ 01895-616625 Boy Scouts @ 01494-672734 Girl Scouts @ 01895-825930 Chapel @ 01895-616601 Community Service @ 01895-616451 Habitat for Humanity @ 01895-616292 Schools: High @ 01494 -795720; Elementary @ 01895-616688 E COUNTEERS COUNTEE

THE CROWNED EAGLE

Serving The Military Community of Naval Activities, United Kingdom

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The editorial content of THE CROWNED EAGLE is prepared, edited and provided by the Public Affairs Office of the Commander, United States Naval Activities, United Kingdom. THE CROWNED EAGLE is an authorized publication for members of the uniformed services, employees of the Department of Defense and their families stationed in the Greater London area. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

U.S. military commands in the Greater London area are invited to submit news items, announcements and short articles of general interest. As a service, THE CROWNED EAGLE will carry a free listing of personal items for sale provided such items represent an incidental exchange between personnel and not business operations.

The address for submissions is: editor@cnauk.navy.mil

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DEADLINES

Deadlines for articles for the next issue are close of business on the Wednesday of the prior week. Any submissions received after this time will be held for the following issue. Office hours are 0800 - 1630, Monday through Friday.

Next Issue:

Publication Date 01 July 2006

Submission Deadline 20 June 2006

Publication Date 01 August 2006 Submission Deadline 20 July 2006

CHAPEL CLOSURE cont'd

years and, with his religious counterparts from the Protestant community, shepherded them through the changes and to the final closure of the stand alone buildings on a plot of land adjacent to the main base.

"You can choose to look at this as an ending or as a new beginning," said CDR Zuffoletto. "We have come a long way together as a community and as two nations. I hope all look at this as a new beginning with new experiences to be shared and new friends to be made as we all move on."

Capt. Matts, who is overseeing the wider drawdown, said:

"The Chapel of Faith at RAF West Ruislip has had a long and distinguished history as a place of worship — not only for military and dependents but also for the local community. The physical presence of this important Anglo-American link may be ending but the relationships created here will continue for a lifetime."

For the congregation however, the closure brings to an end a unique set of bonds forged both by shared religion and location. For British parishioners the church was not only the 'local' church but its regular rotation of military personnel and its extracurricular activities such as summer barbeques and the Sunday Sundaes brought an added appeal.

For around 18 months after 9/11 non-military parishioners had to bring their Passport to Church. In other cases the celebration of American Mothers Day and Father's Day (which take place on different days in the US and UK) added to the occasional surprised confusion for the British nationals.

For many, however, it was about 'community'.

Warren Yoder, 85, a retired civilian civil engineer for the USAF, was one of the longest serving parishioners. Yoder started coming to the Church in July 1968. His wife, Elizabeth was baptized the week prior to the final service and joined the five youngsters to be Confirmed on the last day.

"This has been our spiritual home," he said "We have seen funerals, weddings and baptisms here. It's been a real family. I love 'community' and this has been a wonderful community. I'm proud of my wife Elizabeth and I'm proud of the whole church community—American and British—the strength of our bond is very deep."

Ret. US Navy Captain Adriane de Savorgnani, who started at the church and joined the choir in 1998, was also saddened by the occasion.

"The present choir has been active for 20 years with a regular turnover of choir directors, musicians, priests and chaplains," she said. Singers – no matter what nationality — are united by their love of music and the inspirational message they are able to convey through singing. As St. Augustine observed, "He who sings prays twice"."

Ed Brennan a retired Department of Defense School Principal who served as

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CHAPEL CLOSURE cont'd

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the first parish council president in 1982/83 and a Lay Eucharistic Minister ever since, recalled years of the two communities sharing the joys births, marriages, baptisms, Communions and Confirmations and the sorrows of deaths — including that of his daughter, Maura, in April 2004.

"The West Ruislip Chapel helped create this community spirit where all Christians were involved," he said. "No matter what religion or nationality we all enjoyed one goal; to serve and love our Lord, Jesus Christ. This is what community—and in my case—Communion was about. It has been an honour to be a part of this church and a part of this community."

Over time the Church raised thousands of pounds and dollars and had undertaken numerous sponsorship programmes – helping a wide range of American and British charities as well as helping an Orphanage in Thailand and, most recently, working with Cub Scout Pack 81 Transatlantic Council headed by US Navy Commander and Chapel parishioner Philip Raimondo, to package and send more than 110 large boxes of supplies for distribution to natives in the Djubuti area of western Africa.

CDR Zuffoletto and Chaplain's Assistant (RP3) Robert J. Wood have had the duty of winding down the church and dispersing some 1,000 church items including everything from the Stained Glass Windows, the organ, piano, some 500 chairs, the Altar, and ecclesiastical equipment. Stations of the Cross that adorned the walls of the church were given to a Catholic Church in Nigeria while the altar is going to RAF Daws Hill, High Wycombe, where a Canadian Forces chaplain will be conducting Sunday General Protestant services.

Some smaller items such as chalices, altar server robes, vestments will go to other U.S. Navy bases in Europe and a host of local churches in the Ruislip area. Over the years clergy from those other facilities have taken the services at the base as part of a wider exchange. Church records are being returned to the Archdiocese for Military Service USA in Washington D.C. RP3 Wood, from Franklin, Kentucky, will undertake the final closing of the chapel facilities.

The closure of the Church has left a number in a quandary as to what to do next. During the final few



CDR Michael Zuffoletto, CHC, USN, the Force/Command Chaplain and Parish Priest and RP3 Robert Wood stand in front of Chapel of Faith at RAF West Ruislip, near London, England, and hold commemorative wooden block cutouts depicting the building which opened in 1962. The Chapel, held its final Catholic service on June 5, attended by Bishop Stack from the Archdiocese of Westminster along with Capt. Steven D. Matts, Commander of Naval Activities United Kingdom. Photo by Sean C. Kelly

months CDR Zuffoletto invited a number of local priests in to take the Mass and introduce themselves and their churches. Still some parishioners remain unsure where they will go even at the last service with some profession that the 'hands across the sea' camaraderie between the communities that made it a service that was hard to beat.

The final service concluded with the American and British National Anthems and the hymn *Eternal Father*. The latter was sung with particular emphasis on its entreaty to protect for those on land, air and sea. There were few dry eyes.

Fr. Zuffoletto added:

"We are two nations united by so many things and we have always adapted to change. This is one of those changes. There have been many wonderful times and shared experiences here. We leave here with sadness but in the realization that buildings don't build relationships—people do."

A Letter to Military Children from the Chairman of the Joint Chiefs of Staff

I want to take this opportunity to recognize the extraordinary contributions of our Nation's military families, who have faced many challenges - from family separations to frequent moves - with great courage.

I would especially like to acknowledge a special source of inspiration: children of military families.

You are patient and understanding when duty calls and your Mom or Dad cannot attend a soccer game, music recital, birthday party, or other important family or school activity. You are heroes in a quiet, thoughtful way, and I am grateful for the unconditional love you give your Mom and Dad.

Many of you have experienced the sad and sometimes frightening experience of having your Mom or Dad far from home, serving around the globe in places like Iraq and Afghanistan. Through your personal courage and support, you serve this Nation too - and I am proud of you!

Frequent moves are a way of life for the military child. It is never easy to say goodbye to friends and familiar routines, to begin again in a new school, a new neighborhood - and sometimes a new country! But your resilience and self-confidence are strengths that others admire, including your parents.

Growing up in a military family offers some challenges, but it also provides some special rewards. You can be proud of your Mom and Dad for their brave defense of this great country. Your love and support sustains them. So thank you for being there for Mom and Dad. You are American patriots and role models for us all.

PETER PACE

General, United States Marine Corps Chairman of the Joint Chiefs of Staff

Sailors Warned Of VA Data Compromise

WASHINGTON (NNS) — The Department of Veterans Affairs (VA) announced June 3 that active-duty Sailors may be affected by the theft in May of military personnel data.

According to the VA, a duplicate database with data files was stolen from a VA employee's home May 3. While the VA has received no reports that the stolen data has been used for fraudulent purposes, they are asking all veterans to be extra vigilant and to carefully monitor bank statements, credit card statements and any statements relating to recent financial transactions.

Several resources are available for people to go to for more information. The Department of Veterans Affairs has set up a special Web site (www.firstgov.gov) and a toll-free telephone number (800-FED-INFO or 800-333-4636) that feature up-to-date news and information on the data compromise. The site offers tips on how to check credit reports, how to guard against identity theft and whom to call if an individual believes any fraudulent activity is occurring using his or her personal information.

The Navy and Department of Defense are working closely with the VA to determine how many Sailors and

other service members may be affected by the compromise of records. Sailors whose information has been compromised will be notified by a letter from the VA and the Navy so they can take the appropriate steps.

Tips on how to watch for suspicious activity include the following:

Closely monitor your bank and credit card statements for fraudulent transactions. Monitoring accounts online is the best way to detect fraud early.

Place a 90-day fraud alert on your credit report, which tells creditors to contact you before opening any new accounts or making any changes to your existing accounts. This action may cause some delays if you are trying to obtain new credit.

It is only necessary to contact one of three companies to place an alert. That company is then required to contact the other two.

The three companies are Equifax (800-525-6285, www.equifax.com), Experian (888-397-3742,

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VA Data Compromise cont'd

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www.experian.com) and TransUnion (800-680-7289, www.transunion.com).

Once the fraud alert has been posted, you are entitled to free copies of your credit reports. Review these reports for inquiries from companies you haven't contacted or accounts you didn't open. The alert can be renewed after 90 days.

Sailors are advised to take the following steps if they discover fraudulent accounts or transactions:

Contact the financial institution to close the fraudulent

account(s) that have been tampered with.

File a report with the local police department.

File a complaint with the Federal Trade Commission by phone at 877-438-4338, online at www.consumer.gov/idtheft or by mail a letter to Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue NW, Washington, DC 20580.

Other Web sites with more information on how to guard against identity theft include:

www.privacy.ca.gov/sheets/cis3 english.htm

www.co.boulder.co.us/da/consumer/idtheft.htm

CNE-C6F Web site available online

NAPLES, Italy — Commander, U.S. Naval Forces Europe – Commander, Sixth Fleet is now accessible online.

A publicly accessible website, www.c6f.navy.mil, contains news, photos, and information about the latest theater-wide happenings, serving in the Navy in Europe, as well as theater commander Adm. Harry Ulrich's strategic priorities.

The site is updated daily and has something to offer every Sailor serving in Europe, from its "Welcome Aboard" page, to links to other important Navy Web sites, to a copy of the "CNE-C6F 2006 Guidance," available for download.

The CNE-C6F Public Affairs Office administers the site and is soliciting photographs from throughout the theater for possible posting to the site.

Your photos, and additional inputs, to the site are important to making the CNE-C6F Web site a valuable tool for Sailors serving in Europe. To find out more about submissions, visit the new website at www.c6f.navy.mil.

STUDENT REGISTRATION

Dear Parents,

If your child is going to be attending London Central Elementary/High School next year, it is absolutely vital that you register your child in school

I can not stress the importance of this enough. How many teachers are hired depends *directly* on how many students are entered into the computer system as enrolled. How much funding for materials and extra-curricular activites given to the school is *directly* tied to how many students are enrolled.

If you received a registration packet last week, please complete it and return it to school asap.

If you can get it to London Central, terrific. But, if you can't, just send it to us and we'll get it to them.

If your child is going to LCE/HS next year and you need an enrollment packet, please call us at 6678/88 and we'll get you one.

Please help us to provide the best school year possible by enrolling your children immediately.

Thank you very much.

MJ Parsons

Principal, WRES

West Ruislip Students Honour Queen Elizabeth II By Jacqueline K. Mayo

Primary Multiage Teacher

It is always very interesting to learn about different cultures and customs of other countries. The children in the DODDS schools learn about their Host Nation countries, customs and traditions. Much of the information gained generates from the Host Nation teachers.

This month the children that attend the schools in the United Kingdom received many lessons about the monarchy. The teachers prepared lessons about the 80th birthday celebration of Queen Elizabeth II. There was a very special website to celebrate her very special day. The students learned about her life and many of them sent a special email message on the 21st.

The students in the primary grades made a very special card along with a story. They had listened to the book called The Queen's Knickers decided to make a new version called The Queen's Crowns. Once the book was written and illustrated it was sent on to Buckingham Palace. The students are hoping to get a reply about the great story.

On the 21st, the young students made their own crowns with alitter and other items. This was their way of being royalty for the day.







June 2006

West Ruislip Elementary School Holds Closing Ceremony

By Jacqueline K. Mayo
West Ruislip Elementary School Multiage Teacher

The teachers and the students have been preparing for the closing of the school since the announcement last



school year. West Ruislip Elementary
School opened its doors in 1961. It is
located about 25 minutes from the heart
of London. Many of the children that
attended the school lived in the outlying
areas around London. Many of the parents worked in London and areas near
the base at RAF West Ruislip.

Back in 2001, the students buried a time capsule on the school grounds to commemorate the 40th anniversary of the school. The capsule contains yearbooks

and other items that make the school so unique.

The closing ceremony was held on Friday, 12 May this year. After 45 years, the children prepared a special program for the public celebrating all the great events that took place at this school. The focus of the ceremony was entitled "On the Road Again." The children sang special songs, recited poetry, and read testimonials on what this school so special. One of the teachers that began his career, Mr. Fred Bennett attended the ceremony. During the presentation of



songs and poems, a slideshow showing many of the events that took place over the years was running for the audience to see.

Once the school closes, many of the students will be relocated at London Central Elementary High School. On Friday, 9 June the students at the school will say goodbye to the teachers. We wish the best to all the families, children and the school staff as they embark on new adventures.



CNAUK MWR FITNESS ANNOUNCEMENT

We are very pleased to announce

NEW EARLY MORNING HOURS AT DAWS HILL FITNESS CENTER

Effective Wednesday, 7 June 2006

Daws Hill Fitness Center will open to patrons

MONDAYS, WEDNESDAYS & FRIDAYS

0600-0900

We will then close our doors until regular hours begin at 1130.

This is an earlier opening than we have previous had,
and is a direct result of patron feedback.

KICK-START YOUR DAY WITH AN EARLY WORK OUT with MWR !!!

RAF DAWS HILL BARBER SHOP

Will only be open Tuesdays & Thursdays

1200 hrs - 1800 hrs

Elio will still be open every other Wednesday

1300hrs - 1800 hrs

Telephone: 01494 79 5619

07949 457 933

The Liberty Center (Single Sailor Members Lounge)

at RAF West Ruislip now includes:

A DVD & Plasma TV Room - PlayStations - Ping-Pong/Pool Table - Foosball Table, Computers & Printer - Small Paperback Book Exchange - Kitchen & Dinning Area...

Giving a relaxing, more spacious lounge area for all the Single Service Members to enjoy!

Liberty Center Hours of Operation

Monday CLOSED

Tues-Fri 08:30 - 19:00

Saturday 12:00 - 22:00

Sunday CLOSED



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The NEW Restaurant Discount List is now available – issue January 2005

Contact ITT London at x4717 with any questions.

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Madame Tussaud's - Tower of London and The London Eye.

Many more attractions available...

For more information on prices contact ITT North Audley Tel: 0207-514-4269 or 4718 or ITT West Ruislip Tel: 01895-616516.

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Through our travel contractor "Forces Travel" we can make reservations for: airlines, package holidays, ferries and Eurotunnel reservations contact us today for a quotation on any special fares that may be available.

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ITT TOURS FOR JUNE/JULY 2006

Thurs 1st - Sun 4™ June, Paris by Eurostar - £169.00

Fri 2nd - Sun 4th June, Paris by Eurostar - £159.00

Fri 2nd - Sun 4th June, Amsterdam by Train - £169.00

Sat 3rd June, Stonehenge & Bath - £39.00

Sat 3rd June, Cambridge - £30.00

Sun 4th June, Stonehenge & Bath - £39.00

Sun 4^{th} June, Leeds Castle & Rochester (Dickens Festival) - £34.00

Thurs 8th - Sun 11th June, Paris by Eurostar - £169.00

Fri 9th - Sun 11th June, Paris by Eurostar - £159.00

Fri 9th - Sun 11th June, Amsterdam by Train - £169.00

Sat 10th June, Stonehenge & Bath - £39.00

Sat 10th June, Lille by Eurostar - £55.00

Sat 10th June, Oxford & Stratford - £35.00

Sun 11th June, Stonehenge & Bath - £39.00

Sun 11th June, Brighton - £34.00

Thurs 15th - Sun 18th June, Paris by Eurostar - £169.00

Fri 16th - Sun 18th June, Paris by Eurostar - £159.00

Fri 16th - Sun 18th June, Amsterdam by Train - £169.00

Fri 16th - Sun 18th June, Berlin by Air - £189.00

Sat 17th June, Stonehenge & Bath - £39.00

Sat 17th June, York by Rail - £39.00

Sat 17th June, Brugge - £39.00

Sun 18th June, Stonehenge & Bath - £39.00

Sun 18th June, Isle of Wight - £35.00

Thurs 22nd - Sun 25th June, Paris by Eurostar - £169.00

Fri 23rd - Sun 25th June, Paris by Eurostar - £159.00 Fri 23rd - Sun 25th June, Amsterdam by Train - £169.00

Fri 23rd – Sun 25th June, Edinburgh by Train - £159.00

Sat 24th June, Stonehenge & Bath - £39.00

Sat 24th June, A Day in Wales - £35.00

Sun 25th June, Stonehenge & Bath - £39.00

Sun 25th June, Windsor & Hampton Court - £34.00

Thurs 29th - Sun 2nd July - Paris by Eurostar - £169.00 Fri 3oth - Sun 2nd July, Paris by Eurostar - £159.00

Fri 30th - Sun 2nd July, Amsterdam by Train - £169.00

Sat 1st July, Stonehenge & Bath - £39.00

Sat 1st July, Cambridge - £30.00

Sun 2nd July, Stonehenge & Bath - £39.00

Sun 2nd July, Warwick Castle - Jousting/Falconry - £34.00

Thurs 6th - Sun 9th July, Paris by Eurostar - £179.00

Fri 7th - Sun 9th July, Paris by Eurostar - £169.00

Fri 7th - Sun 9th July, Amsterdam by Train - £169.00

Sat 8th July, Stonehenge & Bath - £39.00

Sat 8th July, Oxford & Stratford - £35.00

Sat 8th July, Lille by Eurostar - £55.00

Sun 9th July, Stonehenge & Bath - £39.00

Sun 9th July, Cotswolds - £32.00

Thurs 13th - Sun 16th July, Paris by Eurostar - £179.00

Fri 14th - Sun 16th July, Paris by Eurostar - £169.00

Fri 14th - Sun 16th July, Amsterdam by Train - £169.00

Fri 14th - Sun 16th July, Brussels & Brugge - £149.00

Sat 15th July, Stonehenge & Bath - £39.00

Sat 15 July, Cambridge - £30.00

Sat 15th July, York by Rail - £39.00

Sun 16th July, Stonehenge & Bath - £39.00

Sun 16th July, Leeds Castle & Rochester - £34.00

Sun 16th July, Brighton - £34.00

Thurs 20th - Sun 23rd July, Paris by Eurostar - £179.00

Fri 21st - Sun 23rd July, Paris by Eurostar - £169.00

Fri 21st - Sun 23rd July, Amsterdam by Train - £169.00

Fri 21st - Sun 23rd July, Edinburgh by Train - £159.00

Sat 22nd July, Stonehenge & Bath - £39.00

Sat 22nd July, Oxford & Stratford - £35.00

Sat 22nd July, A Day in Wales - £35.00

Sun 23rd July, Stonehenge & Bath - £39.00

Sun 23rd July, Windsor & Hampton Court - £34.00

Sun 23rd July, Isle of Wight - £35.00

Thurs 27th - Sun 30th July, Paris by Eurostar - £179.00

Fri 28th - Sun 30th July, Paris by Eurostar - £169.00

Fri 28th - Sun 30th July, Amsterdam by Train - £169.00

Fri 28th - Sun 30th July, Berlin by Air - £189.00

Sat 29th July, Stonehenge & Bath - £39.00

Sat 29th July, Oxford & Blenheim Palace - £35.00

Sat 29th July, Cambridge - £30.00

Sun 30th July, Stonehenge & Bath - £39.00

Sun 30th July, Warwick Castle - Jousting - £34.00

<u>Please note</u>: 2 star budget (basic), hotels are used on all extended weekend tours, which will have either a bath or shower in the room, budget hotels are used in order to keep costs down. These tours are for customers who enjoy travelling with a large group and are looking to have fun, these tours are not recommended for families with young children!

5% discount available off above tours when booking through ITT.

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Contact ITT at North Audley and West Ruislip for information on special

discounted prices for the River Thames sightseeing, lunch and dinner cruises.

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ITT Office at North Audley: 0207-514-4368

WhitakerA@cnauk.navy.mil or

ITT Office West Ruislip: 01895-616516

wilkinson@cnauk.navy.mil







ESS PROGRAMS POC: harper@cnauk.navy.mil

Daws Hill Fitness Center: 01494-795625

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Regular Operating Hours: Monday-Thursday 1130-2000, Friday 1130-1800, Saturday 0900-1500, Sunday 1200-1500

Offering a full range of cardiovascular equipment, resistance equipment and free weights.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1600-1800					FAMILY COURT*
1800-1900			Keith's Cardio Spin		

West Ruislip Fitness Center: 01895-616609 Operating Hours: Monday-Friday 0600-1930, Saturday 0900-1500, Sunday, 1200-1500 Offering a full range of cardiovascular equipment, resistance equipment and free weights. Racquetball Court and tennis courts available nearby. Time Monday Tuesday Wednesday Thursday Friday Watch for announcements affecting classes or hours at WRFC during July! Kim's Cardio Kim's Cardio 1700-1800 Circuit

Unmanned

Circuit

Facilities

Blenheim Crescent Fitness Facility: 01895-616609

An Unmanned Facility offering cardiovascular equipment and resistance training options. A racquetball court with racquets and goggles is available. Locker rooms, showers & shared sauna available.

Eastcote Fitness Facility: 01895-616609

An Unmanned Facility offering cardiovascular equipment and resistance training options.

Watch for special events through the summer!

Are you getting e-mail notices of Fitness & Sports events? If not, and you want to. e-mail Susan or Clarence!

FAMILY FITNESS continues through Saturday June 17th!



Details in flyers at all Fitness Centers, and e-mail notices!

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